



# OESNEWS

*Governor's Office of Emergency Services*

**FOR IMMEDIATE RELEASE**

December 19, 2006

**CONTACT:**

Eric Lamoureux  
Carol Singleton  
(916) 845-8400

## **State OES: Add Disaster Preparedness to Your Holiday Shopping List and Activities**

SACRAMENTO – Are you having trouble deciding what to get a friend or family member who has “everything” for the holidays? Are you looking for more fun activities that your family can do together over the holidays? Helping your family and friends prepare for emergencies and disasters might be the answer.

“Emergency preparedness is a serious subject, but there is no reason Californians shouldn’t have fun as they prepare, particularly as we enter the peak of the holiday season,” said Henry Renteria, Director of the Governor’s Office of Emergency Services.

“Why not buy a loved one a disaster supply kit or items to go in a kit or have fun together making your home ‘holiday-safe’ this year,” said Renteria. “Make disaster preparedness a part of your celebration.”

OES suggests the following ways to get disaster ready this holiday season:

- **72 - hour disaster kits** can be purchased on-line and at some department stores and include essential items to help sustain you while waiting for help to arrive following an emergency.
- **Disaster supplies** (see attached) can be purchased for someone’s existing disaster kit or to help someone build a new kit. In addition, a party host looking to do something different or off-beat can conduct an emergency-themed gift exchange as part of their event, with each attendee bringing one emergency-supply item as a gift for another guest.
- **Disaster kits for kids** are an important part of being disaster ready. A child’s kit should include trading cards, treats and other personal items that can keep them occupied after an emergency.
- **Holiday safety hunts** are a great way for kids and parents to test their skills at identifying potential hazards such as trees, wreaths, presents or other items placed too close to fireplaces, heaters and other fire sources.

Additional information about how to prepare for disasters is available on the OES Web page at [www.oes.ca.gov](http://www.oes.ca.gov).

-OES-



# Can You Go it Alone for at Least Three Days?

## Disaster Supplies Checklist & Holiday Shopping List

The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient — able to live without running water, electricity and/or gas, and telephones — for at least three days following a major emergency. To do so, keep on hand in a central location the following.

### Essentials

- ☐ Water — One gallon per person per day  
(a week's supply of water is preferable)
- ☐ Water purification kit
- ☐ First aid kit (freshly stocked)
- ☐ First aid book
- ☐ Food
- ☐ Can opener (non-electric)
- ☐ Blankets or sleeping bags
- ☐ Portable radio, flashlight and spare batteries
- ☐ Essential medications
- ☐ Extra pair of eyeglasses
- ☐ Extra pair of house and car keys
- ☐ Fire extinguisher (A-B-C type)
- ☐ Food, water and restraint (leash or carrier) for  
pets
- ☐ Cash and change
- ☐ Baby supplies: formula, bottle, pacifier, soap and  
baby powder, clothing, blankets, baby wipes,  
disposable diapers, canned food and juices

### Sanitation Supplies

- ☐ Large plastic trash bags for waste; tarps and rain  
ponchos
- ☐ Large trash cans
- ☐ Bar soap and liquid detergent
- ☐ Shampoo
- ☐ Toothpaste and toothbrushes
- ☐ Feminine hygiene supplies
- ☐ Toilet paper
- ☐ Household bleach

### Safety and Comfort

- ☐ Sturdy shoes
- ☐ Heavy gloves for clearing debris
- ☐ Candles and matches
- ☐ Light sticks
- ☐ Change of clothing
- ☐ Knife or razor blades
- ☐ Garden hose for siphoning and firefighting
- ☐ Tent
- ☐ Communication kit: paper, pens, stamps

### Cooking

- ☐ Plastic knives, forks and spoons
- ☐ Paper plates and cups
- ☐ Paper towels
- ☐ Heavy-duty aluminum foil
- ☐ Camping stove for outdoor cooking (caution:  
before using fire to cook, make sure there are no  
gas leaks; never use charcoal indoors)

### Tools and Supplies

- ☐ Axe, shovel and broom
- ☐ Adjustable wrench for turning off gas
- ☐ Tool kit including a screwdriver, pliers and a  
hammer
- ☐ Coil of 1/2" rope
- ☐ Plastic tape, staple gun and sheeting for window  
replacement
- ☐ Bicycle
- ☐ City map